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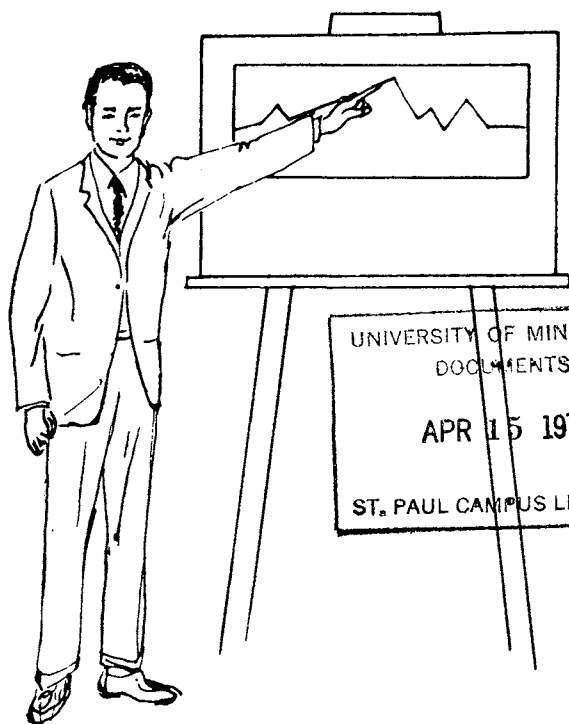
4-H Leader Training Home Study Series

No. 7—4-H Demonstrations and Recreation

"Show and Tell" Demonstrations

"Demonstration" is a sophisticated term for "show and tell." When we want to learn something, we often ask, "Will you show me how?" The person who shows us how is giving a demonstration. He is showing and telling.

Why do 4-H'ers give demonstrations?



People are sight-minded. When they see something, they remember it much longer than when they merely hear that it happened.

4-H boys and girls learn to do many useful and interesting things in their projects. In keeping with the 4-H spirit, they want to share these worthwhile ideas with others. The demonstration is a way of sharing.

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Demonstrations by fellow club members make interesting programs. These demonstrations often arouse interest in projects other than those in which members are enrolled.

Sharing through a "show and tell" has other advantages. It helps the member learn more about his project. It takes ambition and initiative to gather the information and equipment for showing and telling. A demonstrator learns to use originality in developing his own methods for planning, organizing, and presenting his ideas and methods.

People who see demonstrations given by boys and girls become interested in 4-H. They can see how 4-H helps a member to gain in poise and ability to speak with ease before an audience.

4-H members go through three stages in developing as demonstrators:

1. The beginning demonstrator is mainly concerned with how to give a demonstration, to speak in front of a group, to develop poise and confidence.
2. The second stage of growth comes when the 4-H'er knows how to demonstrate, but is learning how to research a topic and organize it in a logical and interesting manner. He continues to gain poise and confidence but also includes creativity in the presentation.

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3. At the third stage the demonstrator develops a concern for those who are listening. He shows a mastery of his subject which may be a study in depth of some topic relating to his project. He adds the element of teaching and wants to make sure his listeners are learning from his presentation.

Where do 4-H members demonstrate?

At home before the family is a good place to start demonstrating. Short, simple demonstrations given at project meetings help other members learn about the project and about demonstrating.

Outside of the home, the project meeting, and the community club, there are many opportunities for members to give demonstrations before larger groups as they gain experience. Community groups such as farm organizations, homemaker clubs, church groups, PTA's, Kiwanis, Lions, Rotary, and others often provide opportunities for members to tell their 4-H story. Some television stations plan regularly scheduled 4-H programs.

Getting Ready to Demonstrate

Choosing a topic and collecting information are often the stumbling blocks for young "show and tellers."

If others are to be interested in a demonstration, the demonstrator must choose a topic of interest to him. A member thinks about his projects, which one he likes best, and what he likes to do. This helps him choose a topic showing something he has learned in 4-H.

The young 4-H members begin with a simple "show and tell." A 10 year old 4-H boy might tell how to care for the hoe after weeding his garden.

Older, more accomplished boys and girls choose topics that are challenging to their broader knowledge and experience. A 16 year old girl who has been in 4-H for 5 years can easily prepare a complete, well-balanced meal during a demonstration.

Finding reliable information is important to all 4-H demonstrators. Project bulletins are perhaps the best place, especially for young 4-H'ers. School books, government and University bulletins, and other books and magazines are also good sources. It is important that information given in a demonstration be completely accurate.

Planning the Demonstration

A well-planned demonstration has three parts: the introduction, the body, and the conclusion.

The introduction introduces the demonstrator and the topic. It relates the topic to the 4-H member. Why is the member interested in the topic? Usually the member tells a little about himself, his club, and his experiences. The best introductions are original, short, and snappy. They should immediately convince the audience that this topic is timely and of importance to them.

How about a demonstration opening like this? "Do you like to picnic and tramp in the woods? My family and I do. We live in town, but we go picnicking in the woods in the fall. We gather lush Minnesota blueberries to make sauce, pies, jams, muffins, and other good things to eat. Today I am going to make blueberry marmalade."

The body of the demonstration is the "show and tell" part. This is the main idea of the demonstration. During the "show and tell" the demonstrator tells what to do, how to do it, and why it is done. Each step must be clearly shown.

4-H members find demonstrating easier if they have planned carefully. In planning they must think through the whole process. Using a form such as this has been helpful.

Topic _____

What to do

What to say

Equipment and
supplies needed

In making the blueberry marmalade referred to in the introduction, the first step would be cleaning berries (assuming the berry picking expedition has been successful). The telling would include something about getting rid of the leaves and other material. The equipment might be a flat pan, kettle, or bowl. The body of the demonstration would be handled in the same way--until the marmalade was carefully sealed and ready for the table at a later date.

The final part of the demonstration is the conclusion. This includes a summary of the main points that are important to emphasize, telling why each point is important. A quick review of what was done during the demonstration in a simple and practical way will encourage the audience to want to do just what the 4-H member has done.

Here's an example:

"Whenever I make blueberry marmalade, I clean the berries carefully. I sterilize the jars, measure accurately, and follow directions exactly. Then all through the winter, not just for holidays, we can enjoy the treat of marmalade on our golden brown hot buttered toast. This way we spread the fun of a summer's outing throughout the winter."

As part of the conclusion, the demonstrator usually features the finished product and invites the audience to ask questions. In answering, the demonstrator should make sure everyone has heard the question. Then he should answer in a polite and sincere manner. If a boy or girl cannot answer, it is all right to admit that he or she does not know or has had no experience on that question.

Helpful Suggestions for all Demonstrators

The demonstrator should --

Be appropriately groomed (example: a simple wash dress for a foods demonstration)

Be clean--clothes, hands, fingernails

Avoid fancy jewelry

Have hair neat, well-combed, clean
Have equipment and supplies conveniently arranged
Use two tables, one to do the demonstrating, one for supplies needed later
Keep table neat and uncluttered. Remove supplies when through using them
Use transparent containers, labeled (salt), but with no brand names
Use trays to keep small equipment organized
Practice the demonstration (but not memorize)
Face the audience
Look at the audience
Speak distinctly and loud enough for all to hear
Speak with confidence (know the subject)
Speak as if interested
Use a pleasant voice

Recreation



Business, education, and recreation: all are important parts of a club meeting.

Recreation is doing something you want to do--sometimes by yourself, sometimes with others whose company you enjoy. Recreation is having fun.

In 4-H, a committee usually takes charge of the recreation part of the meeting. Some clubs have a recreation chairman who serves all year; some have different committees for each meeting. There are many ways to handle this part of the meeting.

No matter who is in charge, the leader is often the one who gets the questions about recreation: from the chairman, the committee, or other members.

The biggest job in planning recreation is to keep in mind that every member should be considered. What is fun should be fun for the majority.

Many types of recreation can be enjoyed by 4-H'ers during the year. Seasons, holidays, and special events offer a wide variety of opportunities. Singing, active games, quiet games, homemade games, skits, hobbies, folk dances, nature study, sports, and holiday observances are some successful recreational activities used by 4-H Clubs in Minnesota.

The recreation must depend on the space and time available as well as the age and wishes of the group. Games that all can play should be used. If the meeting is held in a home, little brothers and sisters and parents should be included. They like to play, too.

Clubs that meet in homes will have limited space for recreation. These clubs have found indoor quiet games fun at their meetings. More active games are saved for special events and outdoor activities.

These hints will help the recreation leader:

1. Recreation should be planned for each meeting. Before the meeting, prepare a list of games, arranging them in the order they will be played.
2. Use games that all can play. Have at least one new game at each meeting.
3. Have the necessary equipment handy, but keep the equipment simple.
4. Play the game enthusiastically or watch with lively interest.
5. Stand where you can face everyone. Speak so you can be heard, without shouting or scolding. The crowd should listen to you and respect the leader.
6. Know the game well. Make directions brief and clear. Demonstrate when possible.
7. Play a game until it is at its best, then change to another. It is better to stop while everyone wishes to go on than to let even a few players feel bored.

Here are two games your recreation committee might use at your next 4-H meeting. All seven hints should be considered.

Snap the Cork

Place a bottle such as a pop bottle on a stand or table with a cork, top end down, loosely lying on top of the bottle. The cork may be fastened with a string to the neck of the bottle. The group may be divided into teams if you want team competition. Each person walks by the bottle and, without slowing up, tries to snap the cork off the bottle using the thumb and forefingers. The team or person that succeeds most frequently is the winner.

Donkey and the Fiddler

Players may stand or sit in a small circle with someone as "it" in the middle. "It" starts the game by approaching someone and mimicking a donkey (wiggle hands at ears) or a fiddler (play the violin ardently). The player must immediately do the opposite action. If he fails, he becomes "it" and the game continues. If there are more than 15 players, 2 people can be "it" at the same time.

References:

4-H Demonstrations, B-55
Demonstration Check Sheet, M-24
Demonstration Outline Form, M-82
Leaders' Guide 4-H Demonstrations, M-115
4-H Club Meeting Fun, M-101
So You're Going to be a Recreation Leader
National 4-H Song Book (available from
National 4-H Service Committee)
Recreation Leadership, M-192
Social Recreation, M-193
Social Recreation, M-194
Social Recreation, M-195

REPLY FORM

After you have read the unit on Demonstrations and Recreation, please fill out this form and return it to the extension office. Thank you.

1. What do you see as the values of learning to demonstrate?

for younger members?

for older 4-H members?

2. How has your club arranged for variety in recreation?

3. Who is responsible for planning the recreation in your club--chairman, committee, other?

4. List your questions and comments about demonstration and recreation.

5. This is the last unit in the 4-H Home Study Series. Please list other topics that would be helpful to you as a 4-H leader.

Your name: _____

Address: _____

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